

Weekend Warriors: for adolescents “in the middle” (ages 11-14)

An ongoing Dialectical Behavioral Therapy group for adolescents designed to help:

- Your child to identify his/her external and internal triggers to stress
- Learn how to manage overwhelming emotions in a healthy way
- Provide education on the difference between self-destructive coping strategies and healthy coping skills
- Learn how to replace self-destructive coping strategies with healthy coping skills
- Learn how to cope in a variety of challenging social situations
- Improve relationships with family and friends!
- Boost the confidence and mood of your child with strengths-based strategies

When: Every Saturday @ 12:00 Noon

For: Middle Schoolers ages 11-14

Where: 9241 S Rt 31

Lake in the Hills, IL 60156

Contact: Lori Kaniewski, LPC

Phone: 847.854.4333

Email: lori@owenscounseling.com



Snacks and beverages will be provided.
Please let us know if your child has any food allergies.

REGISTRATION IS REQUIRED. LIMITED SEATS AVAILABLE.

Most major insurance accepted. We also offer a self-pay option.

Phone: 847.854.4333

Website: www.owenscounseling.com

Locations: Lake in the Hills, Schaumburg,
St. Charles, and Warrenville